

GAINED 55 POUNDS

Doan's Kidney Pills Effectuated Wonderful Recovery After Other Medicines Had Failed.

"I don't believe I would be alive to give this testimony if it weren't for Doan's Kidney Pills," says Mrs. Julia A. Thomas, 1125-A Missouri Ave., East St. Louis, Ill. "I was in a serious condition with kidney trouble; my feet and ankles were terribly swollen and the kidney secretions caused agony in passage. I had terrible rheumatic pains and often got so dizzy I dared not walk for fear of falling. I felt as if I would go frantic. I grew weak as a baby and often had to grasp something to keep from falling. My nerves were all unstrung and the least noise startled me. Nothing benefited me and I was discouraged. A neighbor happened to recommend Doan's Kidney Pills and I began using them. The swellings and pains were soon eased up and it was but a short time before my kidneys were in good shape again. They have never bothered me since nor have I had any backache or other kidney trouble. I have gained 55 pounds since I was cured and can do all my own work without suffering."

"Sworn to before me."

FRANK W. CLOVER, Notary Public.

Get Doan's at Any Store, Or a Box of DOAN'S KIDNEY PILLS

POSTER-MILBURN CO., BUFFALO, N. Y.

Cuticura Promotes Hair Health

Snap 25c. Ointment 25c & 50c

X-Ray Reflectors.

Mica has been found an excellent material for concentrating mirrors for X-rays. Glass will not do, because, smooth as it is, it is too rough for the extremely minute X-rays, which are much smaller than light waves. Glass diffuses the X-rays, much as a rough surface diffuses light waves, but it was found that the surface of mineral crystals were of the requisite smoothness for reflecting X-rays, and of them mica is the most adaptable, being readily split into sheets.

Worse Than the Barbers' Union.

In the reign of Elizabeth every beard of a fortnight's growth was subject to a tax of 80 cents. Peter the Great, in 1705, imposed a tax upon the beards of the Russian nobles of 100 rubles, while the common people's beard tax amounted to 1 kopeck. This tax caused much dissatisfaction, but in spite of this the impost was extended to St. Petersburg in 1714. The tax on beards was confirmed by Catherine I in 1726, by Peter II in 1728, by Empress Anne in 1731, and in 1743 by the Empress Elizabeth.

An Opal Habit.

The reason why opals are often lost from their settings is that they expand with heat more than any other precious stones, and consequently force open the gold which holds them in place, with the result that they ultimately fall out.

An alarm clock which awakens deaf sleepers by jarring their beds has been invented in Germany.

NO ADVANCE IN PRICE

CROUP

Spasmodic croup is usually relieved with one application of—

VICKS VAPORUB

25c—50c—\$1.00

W. N. U., CINCINNATI, NO. 25-1918.

160 ACRE FARMS IN WESTERN CANADA

Get under the Shower of Gold

coming to farmers from the rich wheat fields of Western Canada. Where you can buy good farm land at \$15 to \$20 per acre and raise from 20 to 45 bushels of wheat to the acre it's easy to make money. Canada offers in her provinces of Manitoba, Saskatchewan and Alberta

160 Acre Homesteads Free to Settlers

and other land at very low prices. Thousands of farmers from the U. S. or their sons are yearly taking advantage of this great opportunity. Wonderful yields also of Oats, Barley and Flax. Mixed Farming is fully as profitable an industry as grain raising. Good schools, markets convenient; climate excellent. Write for literature and particulars as to reduced railway rates to Supt. Immigration, Ottawa, Canada, or to

W. S. NETHERY, Room 52, International Bldg., Columbia, O.

Canadian Government Agent

Sapolio doing its work. Scouring for U.S. Marine Corps recruits.

Join Now!

APPLY AT ANY POST OFFICE

for SERVICE UNDER THIS EMBLEM

Man who wears this emblem is a U.S. MARINE

Don't cut out A Shoe Boil, Capped Hock or Bursitis FOR ABSORBINE

leave no blisters. Does not blister. Does not burn. Can be used on all parts of the body. Guaranteed to do the work or your money back.

Write for the catalogue. The catalogue contains full particulars. Write for it. The catalogue is free.

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UP TO AMERICA TO WIN WAR

Collapse of Russia Places the Burden of Eliminating the Hun on Shoulders of the Yanks.

Daily it grows more certain that the world war is to be fought till one side or the other is prostrate. The war would have been over months ago if Russia had not collapsed; but with treason in the czar's cabinet and lunacy and stupidity pervading the Russia proletariat, that mighty empire of the north became an inert and impotent mass at the mercy of Germany. And as for Russia, her fate will be determined by the world congress that will write the peace when the war is over. It will be about the mightiest job human statecraft ever undertook, an impossible job unless Germany or the entente is then as helpless as Russia is now.

With the western front reinforced by the millions of veterans Germany had in Russia, the German people have become as confident of victory as they were when the first gun was fired. At this moment Germany, rulers and people alike, feel assured as to the outcome. There is a determination to annex all of Belgium, all of France now held by the German armies and all of the possessions of Belgium and France in Africa. Discussion is now going on in the German press as to the amount of the money indemnity the enemy shall pay. Already Russia is carved by the German sword. And if Germany shall succeed in her present intentions she will be as complete mistress of the world as it now is known as the Rome of Julius Caesar was mistress of the world as it was known on the eve of the Christian era.

A Paper Controller.

Great Britain now has its Paper Controller, concerning whose identity there has been a flutter of excitement in the publishing and newspaper worlds. There is, however, very much less talk and less fuss about the advent of this new official than there was over the subject of the introduction of food rationing, although the innovation is capable of having much greater effects on the life of the country than the mere reduction of the consumption of certain food supplies. H. A. Vernet, on whom it has devolved, is a director of the Underground Electric Railways company.

Constipation generally indicates diseased stomach, liver and bowels. Wright's Indian Compound Pills restores regularity without creating. Adv.

Cellulose That Won't Burn.

The soy bean, whose merits have been widely proclaimed, may rid cellulose of its serious drawback, high inflammability. A cellulose substitute which will not burn has been made from this useful vegetable, according to advices from Japan. It is called "Sattelite," being the invention of Prof. S. Sato, and is produced by coagulating the glucose of soy bean with formaline. A company has been formed and will build a factory in Tokyo, from which production will begin next autumn.

War-Time Geography of Paris.

The city is bounded on the north by supply depots, on the south by hospitals and on the west by airdromes. Its principal imports and exports are bandages, crepe, wooden legs and colonials; its products are war bread, war literature, faith and hope.—William Beebe in the Atlantic.

Wattle Bark Valuable.

Quantities of the bark of the South African wattle tree have been imported into the United Kingdom from Natal in recent years, but most of it prior to the war was exported to Germany. Since then wattle bark has been utilized to a far greater extent by tanners in this country.

Be very certain that just as soon as you start feeling sorry for yourself everybody else is going to stop.

THE KITCHEN CABINET

We get back our taste as we measure. We cannot do wrong and feel right. Nor can we give pain and gain pleasure. For justice averages each slight.

SUMMER DRINKS.

There is possibly no more cooling, refreshing drink to a thirsty throat than one made of lemon juice. As lemons are so common they may be procured anywhere the year round. A nice lemonade always ready is the following: Add to a cupful of strained honey two cupfuls of water and a third of a cupful of lemon juice, boil together 12 minutes, cool and place in a bottle or jar and keep in the ice chest. A few tablespoonsful of the syrup in a pitcher of water makes a most delicious drink, which may be garnished with a bit of fresh lemon or a sprig of mint.

For those who like ginger the old-fashioned ginger water is most satisfying. Add honey to sweeten, mix well with a tablespoonful of ginger and a pint of chilled water. This has been a harvest drink for the field workers for years. In the old days the sweetening was molasses and it gave the drink a piquant flavor.

Canton Punch.—For ginger lovers this is a great favorite: Chop half a pound of Canton ginger, add a cupful of honey and four cupfuls of cold water. Cover and let stand 30 minutes. Bring gradually to the boiling point and let boil 15 minutes. Add one-half cupful of orange juice, the same of lemon juice; cool, strain and add crushed ice.

Raspberry Syrup.—This delicious fruit syrup should be prepared during the fruit season. Take three pints of raspberries, put into an earthen jar with two cupfuls of elder vinegar; cover and let stand 24 hours, then strain through a double thickness of cheesecloth. Pour this strained liquor over three pints of fresh berries and let stand again 24 hours; strain again, add to each cupful of juice a cupful of sugar, heat slowly and boil 20 minutes. Bottle and seal.

Chocolate Milk Shake.—Melt four squares of unsweetened chocolate, add two cupfuls of honey, a pinch of salt and 1½ cupfuls of boiling water, boil five minutes. Cool and keep in a jar. A few tablespoonsful of the syrup, one egg beaten and a cupful of milk; add ice and shake.

THE QUEEN OF BERRIES.

Strawberries may now be produced throughout the summer and autumn months in northern United States. The plants set in the spring will bear in the fall of the same year. The everbearing variety is very hardy and resists disease, bearing until late fall when heavy frosts come.

When the berries first arrive from the South they are too expensive for general use, but a few for a snack to prolongs or less will satisfy the appetite for the delicious fruit. One does not wish to lose the joy of the home-grown berries by importing too freely in the early ones. It is more economical, saves shipping expense, and is all around more local in war time to eat of our own products.

An angel food baked in a square tin, then cut in squares heaped with sweetened whipped cream and crushed sweetened berries, makes a dessert par excellence.

Strawberry Salad.—This is a delightful way of serving the berry. Cut large fine berries in half, serve on lettuce leaves with French dressing, using four tablespoonsful of oil to one of lemon juice, a bit of salt, paprika, powdered sugar and a dash of cayenne.

Strawberry Ice Cream.—Add a pint of sugar to a quart of cream with a tablespoonful of vanilla and freeze; when partly frozen open the freezer, add a pint of strained strawberry juice from berries which have been put through a sieve. Let stand four hours to ripen.

Strawberry Tapioca.—Wash and cook a cupful of tapioca, adding a pint of water and cooking until clear and soft. When cold add a quart of strawberries sliced; serve with sugar and cream.

Strawberry Pie.—Make a pastry shell and bake it. Fill the shell with sliced berries, mixed with sugar; heap over it sweetened whipped cream and dot with sliced berries. Serve out as any pie.

Strawberries crushed with sugar mixed with cream make delicious cake filling.

Barley Chocolate Drop Cakes.—Combine the following ingredients: One-fourth cupful of shortening, one egg, one cupful of barley flour, a half teaspoonful of soda, a square of melted chocolate, a half cupful of nuts, a cupful of sugar, a half cupful of sweet milk, a half cupful of wheat flour, a teaspoonful of baking powder and a cupful of sugar. This recipe makes three dozen.

When cleaning hardwood floors a mop or cloth dipped in oil is much better to use than one dampened with water. All spots may be washed if necessary and the oil rubbed out of it; this brings back the polish.

Wisdom in Tolerance.

The tolerant man is the open-minded man, the mentally-balanced man, the understanding man. He knows that he himself is not the sole repository of human wisdom. He knows that wisdom will not let him when he does. He knows that usually he can learn something from the blunder of his associates.

Rich Platinum Stock.

Platinum is now being secured in Siberia from diablo, a conglomerate rock, which exists there in large quantities. By grinding and washing processes the platinum is extracted from the chrome-iron ore contained in the rock. A recent experiment secured 200 ounces of platinum out of 3,720 pounds of chromite stock.

Cruel Comment.

"Miss Obligate says she was so embarrassed she actually changed countenance."

"Then it was a great chance for her."

Cooler! Ears Detect Peril.

English officers have from the first testified to the acute hearing powers displayed by the Indian and Chinese coolie laborers with the troops in France. These eastern auxiliaries are ever the first to detect the nearness of a hostile airplane and to fall away as a measure of self-protection. In this way they give a valuable lead to the British and French soldiers, who are comparatively slow in detecting the difference in sound between the rival air machines.

Use for Hemlock Bark.

Spent hemlock bark, which has been used chiefly for fuel, may soon be important in felt manufacture. Experiments have shown that this bark can be substituted for 30 per cent of the basic material, now chiefly rag stock, used in roofing felts. If the bark is used for the 200,000 tons of felt made in this country annually, there will be a saving, it is thought, of about \$2,000,000 a year.

Cuticura Complexions.

Nothing better than Cuticura Soap daily and Ointment as needed to make the complexion clear, scalp clean and hands soft and white. For free samples address "Cuticura, Dept. X, Boston." Sold by druggists and by mail. Soap 25c, Ointment 25c and 50c.—Adv.

Air Raid Lights.

During their recent raids on Paris German aviators were greatly discouraged by rockets which the French sent up and which discharged, before dropping, parachute lights brightly burning flames. These parachutes descended slowly and their flames cast a brilliant glare on the hostile airplanes, making them a good target for the antiaircraft guns.

Whites Longest Lived.

A student who has been devoting his time to the study of longevity says that he has found that white people live longer than black ones. He bases his statement upon data obtained from the various insurance companies of this country.

Patriotic Metaphor.

Our own earnest metaphor for the day: It is the duty of every true patriot to put on his brightest shoes and kick the seat of disloyalty every time it rears its head.—Ohio State Journal.

FARMERS ARE WORKING HARDER

and using their best men than ever before. For all these weeks the frequent use of Allen's Foot-Ease, the antiseptic powder to be shaken into the shoes and sprinkled in the foot-bath, increases their efficiency and insures needed physical comfort. It takes the friction from the shoe, softens the foot, and prevents tired, aching and blistered feet. Women everywhere are constant users of Allen's Foot-Ease. Don't get foot sore, get Allen's Foot-Ease. Sold by dealers everywhere, 25c.—Adv.

Blinded in the War.

Statistics furnished by the French and British authorities show that there are in England, France and Belgium more than 2,000 soldiers who have been totally blinded in the war, and nearly 25,000 blinded in one eye.

Secret of Her Success.

Wonder at the success of the woman Sun tamer fades like a summer cloud when her admirer explains that she had been married eight times.—Seattle Post-Intelligencer.

The Gulf Stream.

The gulf stream is more rapid than the Amazon, more important than the Mississippi, and its volume more than 1,000 times greater.

The estimated use of Brown Eye Salve at night upon eyelids will prevent and remove dirt, watery eyes, and eye strain. Adv.

Man Who Doesn't Count.

"A man that don't look out his body but 'number one,'" said Uncle Eben, "counts a mighty small figure."

Five Minutes to Submerge.

It requires five minutes for submarines of the latest type to submerge.

Women Agriculturists.

Two hundred thousand women in England are engaged in agricultural pursuits.

Nearly half of all the coal produced in the United States is mined in Pennsylvania.

Adv.

GOOD-BYE BACKACHE, KIDNEY AND BLADDER TROUBLES

For centuries all over the world GOLD MEDAL Haasless Oil Capsules. They are pleasant and easy to take. Each capsule contains one dose of five drops. Take them just like you would any pill. Take a small swallow of water if you want to. They dissolve in the stomach, and the kidneys soak up the oil like a sponge does water. They thoroughly cleanse and wash out the bladder and kidneys and throw off the inflammation which is the cause of the trouble. They will quickly relieve those stiffened joints, that backache, rheumatism, lumbago, sciatica, gallstones, gravel, "bricks," etc. They are an effective remedy for all diseases of the bladder, kidney, liver, stomach and allied organs. Your druggist will cheerfully refund your money if you are not satisfied after a few days' use. Accept only the pure, original GOLD MEDAL Haasless Oil Capsules. None other genuine.—Adv.

Do not delay a minute if your back aches or you are sore across the loins or have difficulty when urinating. Go to your druggist at once and get a

box of imported GOLD MEDAL Haasless Oil Capsules. They are pleasant and easy to take. Each capsule contains one dose of five drops. Take them just like you would any pill. Take a small swallow of water if you want to. They dissolve in the stomach, and the kidneys soak up the oil like a sponge does water. They thoroughly cleanse and wash out the bladder and kidneys and throw off the inflammation which is the cause of the trouble. They will quickly relieve those stiffened joints, that backache, rheumatism, lumbago, sciatica, gallstones, gravel, "bricks," etc. They are an effective remedy for all diseases of the bladder, kidney, liver, stomach and allied organs. Your druggist will cheerfully refund your money if you are not satisfied after a few days' use. Accept only the pure, original GOLD MEDAL Haasless Oil Capsules. None other genuine.—Adv.

Receive German Paper Cloth.

The first sample of German paper cloth has reached St. Paul in the form of a paper wrapper for a German helmet sent to Sgt. Maj. A. S. Kirkwood of the British recruiting mission as a trophy of war. The cloth resembles rather fine burlap in appearance, but on cutting the wrapper it was discovered the strands were of rolled paper. Some of these contain print, indicating the "cloth" was made from ordinary newspaper. It is said much of this is being worn by Germany's civilian population.—St. Paul Dispatch.

Natural Idea.

"Pop, is an alyns anything that's sleepy?"

"Of course not, child. What put that into your head?"

"Well, people always talk about it as yawning."

High-Speed Wireless.

It takes one-twentieth of a second for a wireless signal to pass from Washington to San Francisco.

Over half of the vessels in the Philippine pearling fleet are owned or controlled by the Japanese.

The walnut crop of California in 1916 netted \$2,882,514.

Safety for Engines.

A safety device for engines running through storm and cold consists of perforated pipes which are run up along the engineer's window, one inside and one outside. The compressed air from these pipes prevents accumulation of frost and mist.

Money in Ice Cream.

Faced with a serious sugar shortage recently, two ice cream concerns in Portland, Ore., used honey as a substitute, and for two weeks made their product with choice strained honey, effecting 70 per cent conservation of sugar. And the ice cream was found to be excellent.

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Repeating, sour stomach, and that pain the fields under a blazing sun—you've

got to be big eaters, because your food is your strength, and now, more than ever, your strength is badly needed. So guard your health. Be sure and watch your stomach, for in the summer time nearly all illness can be traced to stomach and bowel complaint. You, yourself, know how liable a man is to sunstroke if he goes in the hot sun too soon after eating a heavy mid-day meal, and also how liable he is to sudden attacks of stomach misery. So cool off in the shade before going back to work. Don't take chances.

Take care of your stomach, friend.

You know you can't work well with your stomach out of fix. "Safety first," must be your motto, so send to your druggist and get a big box of EATONIC, enough for yourself and family, yes, and the hired folks, too. It's the wonderful new compound for the quick relief of stomach and bowel troubles. It was originated by H. L. Kramer, the man who made millions of people happy with his first great remedy, Cascarets.

Now, all you need do is to take a tablet or two of EATONIC after your meals. It's good—just like eating candy. Enjoy the quick, sure relief it brings—how almost instantly it relieves indigestion, heartburn, food-

repeating, sour stomach, and that pain the fields under a blazing sun—you've got to be big eaters, because your food is your strength, and now, more than ever, your strength is badly needed. So guard your health. Be sure and watch your stomach, for in the summer time nearly all illness can be traced to stomach and bowel complaint. You, yourself, know how liable a man is to sunstroke if he goes in the hot sun too soon after eating a heavy mid-day meal, and also how liable he is to sudden attacks of stomach misery. So cool off in the shade before going back to work. Don't take chances.

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